

The Hypoglycemic Health Association of Australia
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Registered Charity CFN 16689
www.hypoglycemia.asn.au

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- Dr George Samra's presentation at the December meeting
- Letter from your president
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- Notice of speaker for 2 August—Ian White, Bush Flower Remedies.
- Reminder—5 April speaker is Dr Samra

The NEWSLETTER of the Hypoglycemic Health Association is distributed to members of the Association and to the Health Professionals with an interest in Nutritional Medicine and Clinical Ecology. Past newsletters are also available on the website.

Our next Public Meeting will be at 2.00pm on
Saturday

5 April 2008

at **YWCA**

See noticeboard in foyer for Room

5-11 Wentworth Ave, SYDNEY

Our guest speaker will be

Dr George Samra

'Teenagers and Hypoglycemia'

As seating is limited, please ring

Geoff on 02 97245317

to reserve your seat and assist with catering.

Vale Ted Grant

We are very sad to report that Ted Grant passed away in late January. Ted and his late wife Mildred were foundation members of the H.H.A.A. They were also extremely loyal and hard working members of the original committee. For years Ted would collect the newsletters from the editor and personally take them to the printer, making sure that they were printed on time. After printing Ted would pick up the newsletters, then he and Mildred would collate the newsletter and make sure they were all posted on time. They were never late!

Ted and Mildred were the face of the HHAA for years, manning the front door, collecting the entrance fee, selling all the raffle tickets and handing out the lucky door prize.

After Mildred's death Ted remained a loyal committee member, never missing a meeting and always arriving on his beloved motor bike.

We all miss Ted and pass our condolences on to his family.

PATRONS

Dr George Samra

Steve McNaughton BE (NSW)

PRESIDENT:

Geoffrey Goninon

SECRETARY:

John P Natoli BEc CPA

TREASURER:

Sue Litchfield

WEBMASTER:

Daniel Goninon*

PUBLICITY:

Alexandra Rush

AUDITOR:

Michael Pendlebury

Chartered Accountant

NEWSLETTER EDITOR:Elizabeth Love BSc DipEd. Post
Grad. Dip. Human Nutrition.

The copy deadline for the July/
August 2008 issue is last **Friday in
June**. There will be a new newslet-
ter editor, but in the interim, please
send contributions to

[Geoff Goninon](mailto:geoffgoninon@optusnet.com.au)

geoffgoninon@optusnet.com.au

Our website continues to improve
and has attracted some sponsors,
which reduces the cost to the asso-
ciation.

Visit it at:

www.hypoglycemia.asn.au

... and find out how many hits
there have been already.

193981 at time of going to print.

From Sue Litchfield—treasurer

March 2008 - Financial Report

Another financial year has drawn to a close and at the time of writing
we are in the best financial state for years.

At 11/02/2008

Maxi account Balance: \$6129.81

Cheque Account Balance: \$159.02

During the year we have received a number of life memberships. We
now have more than 70 members and renewals are slowly trickling in.
For those who are not aware, we do offer internet banking. We do
not send out receipts unless we receive a stamped addressed envel-
ope. We will send out a receipt by email if you pay by internet trans-
fer.

Good news for all those attending the meetings in future - the com-
mittee has decided to waive the admission fee. However a donation
would be very much appreciated .A receipt for taxation purposes will
be issued.

Alex Rush has very generously offered to help out with the catering.
Alex is a new member who is young and very enthusiastic about the
HHAA. She has already put forward some very interesting ideas.

The next meeting is also our annual general meeting. If you know any-
one who would make a great committee member now is the time to
nominate them.

Please bring along any friends or relatives whom you feel may need
help. We now have a number of young members and it would be great
to see them involve their friends/families. Educating the general
public is an uphill battle and the more members we have who are pro-
active the sooner we will get Hypoglycemia recognised by the commu-
nity.

Looking forward to seeing you all at the meeting

Sue

**For the 2 August Meeting we look forward the renowned Ian White as our
guest speaker.**

**Ian White is the creator of Ian White's Bush Flower Remedies, a renowned
speaker and the author of a number of books. See next newsletter for more
details.**

We still urgently need volunteers for the following positions:

- Newsletter editor (after April, 2008) as Liz Love will be overseas (possibly filled now).
- A backup webmaster as Daniel will be away at times and unable to maintain the website.

NB All committee members and office bearers are volunteers.

Hypoglycemia - Back to basics

by Dr George Samra

Talk given to the Hypoglycemic Association 1 December 2007.

Summary

The Association was initiated in 1984, so is now 23 years old. More than 80 newsletters have been produced and sent to our members and we now have many members, including 37 life members.

If we produced a report card on the association it would look something like this:

Goals	Terrible	Fair	Good	Excellent
Educate the public			Yes	
Educate Doctors	Yes			
Educate Holistic Doctors			Yes	
Educate Naturopaths & Allied Health Professionals				Yes
Educate Dieticians		Yes		
Educate Hospitals		Yes		
Educate Politicians	yes			
Growth of membership			yes	

Dr Samra went on to give the following paper.

Hypoglycemia

by Dr George Samra

The Hypoglycemic Health Association, of which I am a patron, aims to make the public more aware of the problems of hypoglycemia and natural health in general. In a world where we are bombarded with environmental pollution and artificially manufactured foodstuffs, where food inspectors are being replaced by 'contract inspectors' in a self-regulated food industry, where contaminated sea waters produce unhealthy fish, where deforested lands cause unusual droughts and floods, where the world's upper atmosphere is fouled by chemicals altering the earth's climate and where a faltering public health system remains hostage to shareholders of lucrative drug companies. In such a world, those people who take personal responsibility for their health may have a better chance to survive.

People have indeed a choice, provided they are informed on available alternatives. Many modern doctors conscious of the limitations of orthodox medicine, share the philosophy of complementary medicine. It is possible to treat *degenerative diseases* with natural remedies in conjunction with traditional medicine. However, for this to happen we need an informed 'consumer market', a public sufficiently educated to converse and consult these modern doctors in the forefront of the medical revolution.

The term *hypoglycemia* is an unfortunate one, and many doctors would say that this condition rarely exists. The word means *low blood sugar*, but should really mean a condition where a person's brain does not get fed properly when they eat sugar. Most doctors know the word hypoglycemia in the context of diabetes, as for example when a patient accidentally overdoses on insulin. The term as used by many nutritional doctors is one that most doctors know very little or close to nothing about.

In my experience hypoglycemia is as common as diabetes which means that 3-4 per cent of the

general population may be suffering.

Diabetics have similar underlying problems, namely an unwell pancreas that does not handle sugar properly. After consuming sugar in diabetes, the blood sugar goes up too high, whereas in hypoglycemia patients it is the opposite; they produce too much insulin. After an initial rise in blood sugar, it drops down to low levels. The brain is dependent on the level of glucose in the blood. When the glucose level is low, the brain does not get nourished and people become easily tired and get depressed.

In my book, *The Hypoglycemic Connection*, available in most libraries, I speak of the hypoglycemic syndrome which may be diagnosed by the presence of at least (3) of the following (4) symptoms:

Depression

Lethargy or tiredness

Memory impairment, of poor concentration

A history of preference for sugar or sweet foods.

Hypoglycemia follows an *autosomal dominant inheritance* pattern, which means a pattern of inheritance in which transmission of a dominant gene can be passed on in 50 per cent of cases to the next generations. Males and females are affected with equal frequency. The prevalence of hypoglycemia in a family may help a doctor have insight into the management of an unruly child as well as the symptoms of a mother who are both affected with a sugar-handling problem.

Associated conditions of hypoglycemia may show up among alcoholics and drug addicts. It usually means that starvation of the brain has driven a person to unacceptable social behaviour. Many crimes- and let us not forget that over 70 per cent of prisoners have an association of alcohol and drug abuse - are the result of hypoglycemia that has gone wrong. I am of the opinion that in most cases hypoglycemia precedes the development of anti-social behaviour, alcoholism or drug addiction. Many alcoholics and drug addicts manifest a Type 1 sugar curve flowing glucose tolerance testing. This means following the rise in blood sugar, there is a very sharp fall. The body compensates the subsequent sugar starvation by pumping adrenalin from the adrenal glands into the blood, which then raises the sugar levels. High levels of adrenalin may cause mood swings, violent outbursts and emotional instability. People with excessive adrenalin levels may drink alcohol - a calming drug - in order to combat the adrenalin side effects. Alcohol is a legal drug and helps to calm down nerves caused by high adrenalin levels in Type1 hypoglycemia.

Thus rehabilitation programs based exclusively on 'psychological models' are often found to fail as they tend to ignore the metabolic aspect involved in behaviours. Major social issues are tied up in this condition.

Another associated condition is *hyperactivity* or what is now called ADHD or *Attention Deficit Hyperactivity Disorder* where the brain is not fed properly when children eat sugary foods. The behaviour can go either way; the child may withdraw into a corner or it may climb on practically everything. A glucose tolerance test usually indicated which way a child will behave as in both cases they have an underlying sugar-handling problem.

Maturity Onset Diabetes is another associated condition.

People with sleeping problems or who are taking sedatives to cope with their lives may have a hypoglycemic condition.

Glucose Tolerance Test (GTT)

The hypoglycemic condition can be diagnosed with a GTT. I usually order a 4-hour test with blood taken every half hour. These days a diabetic GTT is a 2-hour one. A patient undergoing a hypoglycemic GTT must fast from 10pm the previous night with no special carbohydrate diet. It is a valid test when a laboratory uses a spectrophotometer as measurements are far more accurate than when glucometers are used. The glucometer may often be 1micromol/L out. Accurate figures are required. The relationship between the readings of numbers just half an hour apart in a GTT is very important. A drop of 2.7mmol/L in any hour or 1.6mmol/L in any half hour is indicative of hypoglycemia.

Fasting levels on your sugar curves tell us a lot. People with readings of 3.2-3.6mmol/L usually wake up glum and tired in the morning. People with higher reading of more than 5.2mmol/L usually wake up bright and are often cheerful all morning. Thus you can predict more from looking at a sugar curve than just diabetes or hypoglycemia.

Definition of hypoglycemia

Relative hypoglycemia is present if the blood glucose (or sugar) falls sharply (below 3.6mmol/L) after consuming a 75g glucose load - usually the fall occurs after 1.5-2.5 hours. It is usually due to over secretion of insulin by the pancreas, although it is recognised that other mechanisms may be involved. Hypoglycemia is a hormonal disease, caused mainly by insulin over secretion often associated with adrenal over secretion. Other hormonal conditions such as thyroid and adrenal problems tie up with hypoglycemia. Typical symptoms are; tiredness, moodiness, depression, poor concentration, irritability, sugar cravings, nervousness, poor memory. The condition usually runs in families and can include diabetes, alcoholism, ADD, hyperactivity, drug abuse and behaviour disorders.

Treatment consists of keeping off the simple carbohydrates such as sugar, honey, glucose and having six small meals every day. The meals should be roughly equal. Minimum size of a meal should be half a sandwich with the equivalent of a boiled egg or a chicken wing and a packet of *Smiths Crisps* (Plain). A protein breakfast made up of fish, chicken, mince or eggs is important to provide the necessary fuel for the brain. I usually recommend supplementation with zinc as in the Vitaglow product *Zinc Plus C* at the dose of two tablets per day. This product also contains vitamins B3, B5, B6 as well as vitamin C.

Glucose as a brain fuel

The brain is highly sensitive to the availability of glucose as a source of nutrition.

Although it comprises two per cent of the body weight, the brain uses close to 50 per cent of all available glucose and more importantly, cannot use other fuels such as free fatty acids, triglycerides and cholesterol. This is in contrast to the heart that can use at least 42 different fuels at any point in time. Thus when there is a hypoglycemic crash, the brain is in trouble, and this triggers the many symptoms.

The hypoglycemic disease often occurs concurrently with many illnesses such as alcoholism, drug abuse, heroine addiction, sedative abuse, hyperactivity, diabetes mellitus, hypothyroidism, post-menopausal hot flushes, depressive illnesses, epilepsy, schizophrenia and migraine.

One problem with nutritional treatment is that the patient has to be motivated to undergo treatment. An alcoholic who refuses to acknowledge he has an alcohol problem or who does not want to change will not benefit from nutritional management.

Goals of treatment

One should never lose sight of the goals of treatment. First and foremost, one wishes to alleviate all hypoglycemic and diet related symptoms. Secondly, one aims at stabilising blood glucose levels, prevent over stimulation of the pancreas with excessive insulin production and in the long term prevent diabetic complications. To ignore one's hypoglycemic condition may result in the punishment of being diabetic, with all the complications of this disease.

Conclusion

Another way of looking at the **problem** of hypoglycemia is that one's pancreas does not know how to fit into the 20th century, where people are eating a high sugar diet. In a world where modern foods are sugar-loaded all the time, the pancreas is not equipped to handle them properly, the blood sugar keeps crashing and the brain keeps getting starved of fuel.

One might claim that hypoglycemia is not a disease, but rather a reflection of the fact that we live in a sick society where we are all made to eat a lot of sugar. Each person now consumes 20 times more sugar than people did 100 years ago and 100 times more than 200 years ago.

Hypoglycemic people do not fit into a high-sugar society and so long as such a society lasts, we will have more people coming down with hypoglycemia.

Letter from your president-Geoff Goninon 26/2/08

Recently, I was able to present to our local member of federal parliament, Chris Bowen MP, copies of Dr Samra's two books. These, along with a copy of our Hypo Health News, were warmly received.

May I encourage all Hypo Members to ring the office of their local member of parliament and if possible give them some information about our association. The Federal Government is currently seeking the type of information as noted below.

Today I took my own advice and rang Chris Bowen's office. I was able to have a good conversation about our association.

The aims of treatment-Page 247 in The Hypoglycemic Connection 11, ISBN 0-9750404-1-3:-

"1 Cure Depression and other symptoms of Hypoglycemic Disease.

2 Prevent or cure addiction to drugs & alcohol.

3 Prevent maturity onset diabetes and its complications."

These aims can all be achieved in a very short time by following the six simple DIET RULES, including

Eating at the right times and avoiding 12 unsuitable foods (see page 247).

Page vii The Hypoglycemic Connection 11:-

"Nearly a million Australians are sufferers and literally billions of dollars can be saved."

STOP PRESS

A new pamphlet on Hypoglycemia, produced by members, Sue Ridge and Nicole Samra, is about to be released and will be available soon. There will be information available at the 5 April meeting.

Correspondence

One of the ways we know our website is having an impact is that from time to time the president and committee members receive emails asking about or making comments on the website. Here some more emails received. I have not edited the content.

<Dear Geoffrey Goninon

Very interesting!

Just found your web site <http://www.hypoglycemia.asn.au/> and I will specially points to the "verbal" Systems Reasoning in e.g. "the Serotonin Connection" - as I see it complex systems analysis is extremely important to develop. Will read more from your web site. At the Center for Intelligent Medical Systems we work hard on integration between human and artificial intelligence to develop analogue-serial models on metabolism – a complex matter, but need to be understood more complete at individual levels within clinical work.

Best regards

Bo

Bo von Schéele, Ph D

Center for Intelligent Medical Systems, School of Innovation, Design & Techniques, Mälardalen University,
www.mdh.se

PBM Stressmedicine AB, www.pbmstressmedicine.com

Institute for Psychophysiological Behavioral Medicine

Past president, International Section, Association for Applied Psychophysiology and Biofeedback,
www.aapb.org >

From: Hector Ballent

Sent: Thursday, 6 March 2008 4:16 AM

Hello, searching for hypoglycemia I have read your website.

I found this topic very interesting , because since I'm trying to lose weight ,I felt the difference in the brain and the mood in general , that high and low sugar has in the body.

I'm trying to lose weight but at the same time I like to do sports a lot ,like running etc ,so I started diets by my own , which is wrong , but the thing is that when I start to eat less carbohydrates or too less food in general , I feel I transformation in my character ,after the second day or so , I started to feel tired , depressed ,and a sense of my body not feeling good in general ,suicidal thoughts ,and I start falling into depression ,and having anger thoughts toward others , and then after not being able to hang in there with that diet for all that I said , and when I resume with my old diet All the depression ,anger and tiredness are gone ,all the mood changes are gone ,I feel like a sensation of relief ,like I was with a tension or stress in my body and after I eat those carbs again all the stress is gone and I feel like sedated relax and happy , wow I mean its like day and night , do you know if there is any study focused on these symptoms of people doing a bad diet and getting hypoglycemia ? Or being the wrong diet cause of depressions ,suicidal tendencies , or mood swings ?

<p><u>Food Watchlist</u> Sue Litchfield</p> <p>The following is a list of foods that contain no <u>added</u> WHEAT, SUGAR or MILK. These foods are all readily available in major supermarkets and health food stores.</p> <p>However please remember that products come and go, sometimes on a very regular basis.</p> <p>DO READ LABELS as I have noticed a few of the foods that were on my last list now do contain sugar.</p> <p>If you ever find new foods or foods that are deleted please contact me by email as it is nearly a full time effort to keep the list updated and it does help everybody who suffers from food intolerances.</p> <p>litch.grip@bigpond.com</p> <p>PO Box 1127 Surfers Paradise 4217</p> <p>PLEASE REMEMBER THAT ONE MAN'S MEAT IS ANOTHER MANS POISON</p> <p>It is very important to eat small meals every 2-3 hours to keep ones blood sugar levels on an even keel.</p> <p>Also please drink at least a litre of water a day and, preferably filtered water.</p> <p>BISCUITS</p> <table border="0"> <tr><td>Apricot Temptations</td><td>Norganic</td></tr> <tr><td>Brown Rice Crackers</td><td>Eat Rite</td></tr> <tr><td>Cashew a& Currant</td><td>Wallaby</td></tr> <tr><td>Corn Cakes</td><td>Orgran</td></tr> <tr><td>Crispy Thins</td><td>Kavli</td></tr> <tr><td>Fruit Filled Bars</td><td>Orgran</td></tr> <tr><td>Macadamia and Ginger</td><td>Natural Wallaby</td></tr> <tr><td>Norganic Range Muesli</td><td></td></tr> <tr><td>Rice Cakes</td><td>Arnotts</td></tr> <tr><td>Rice and Millet</td><td>Sakata</td></tr> <tr><td>Rice Crisp bread</td><td>Orgran</td></tr> <tr><td>Sesame and Linseed</td><td>Sakata</td></tr> <tr><td>Sesame Dark Rye</td><td>Ryvita</td></tr> <tr><td>Soya Linseed</td><td>Ryvita</td></tr> <tr><td>Soy Calcium</td><td>Wallaby</td></tr> <tr><td>Slice of Rice</td><td>Sunrice</td></tr> </table>	Apricot Temptations	Norganic	Brown Rice Crackers	Eat Rite	Cashew a& Currant	Wallaby	Corn Cakes	Orgran	Crispy Thins	Kavli	Fruit Filled Bars	Orgran	Macadamia and Ginger	Natural Wallaby	Norganic Range Muesli		Rice Cakes	Arnotts	Rice and Millet	Sakata	Rice Crisp bread	Orgran	Sesame and Linseed	Sakata	Sesame Dark Rye	Ryvita	Soya Linseed	Ryvita	Soy Calcium	Wallaby	Slice of Rice	Sunrice	<p>BREADS</p> <table border="0"> <tr><td>Black Rye</td><td>Riga</td></tr> <tr><td>Gluten Free</td><td>Moore's</td></tr> <tr><td>Organic Rye</td><td>Country Life</td></tr> </table> <p>There are now a number of specialty shops that do wheat free and sourdough breads.</p> <p>BREAKFAST BARS</p> <table border="0"> <tr><td>Apple & Blueberry</td><td>Norganic</td></tr> <tr><td>Apple & Cinnamon</td><td>Norganic</td></tr> <tr><td>Apricot</td><td>Norganic</td></tr> <tr><td>Hi Lite Breakfast Bar</td><td>Freedom foods</td></tr> <tr><td>Omega Bar</td><td>Freedom Foods</td></tr> <tr><td>Muesli Bar</td><td>Freedom Foods</td></tr> </table> <p>BREAK FAST CEREALS</p> <table border="0"> <tr><td>Apricot & Almond Muesli</td><td>Organic</td></tr> <tr><td>Bircher Muesli</td><td>Healtheries</td></tr> <tr><td></td><td>Soland</td></tr> <tr><td>Corn Flake</td><td>Freedom Foods</td></tr> <tr><td>Cunchola All Varieties</td><td>Norganic</td></tr> <tr><td>Fruit & Almond</td><td>Orgran</td></tr> <tr><td>Gluten Free Muesli</td><td>Freedom Foods</td></tr> <tr><td></td><td>Adundant Earth</td></tr> <tr><td>Hi Lite</td><td>Freedom</td></tr> <tr><td>Muesli with whole Grains</td><td>Freedom</td></tr> <tr><td>Muesli with Psyllian</td><td>Freedom</td></tr> <tr><td>Puffed Brow Rice</td><td>Biogenic</td></tr> <tr><td>Puffed Corn</td><td>Abundant Foods</td></tr> <tr><td>Puffed Millet</td><td>Freedom Foods</td></tr> <tr><td>Puffed Rice</td><td>Abundant Earth</td></tr> <tr><td>Rice Flakes</td><td>Freedom Foods</td></tr> <tr><td>Rolled Oats</td><td>Uncle Toby's</td></tr> <tr><td></td><td>Home brand</td></tr> <tr><td>Rolled Oats Porridge</td><td>Healtheries</td></tr> <tr><td>Ultra Rice</td><td>Freedom</td></tr> </table> <p>CANNED FRUITS</p> <p>Berri Just Fruits NOT Pineapple</p> <p>Coles Range of fruits in Natural Juices</p> <p>Fruit in Jelly Range</p> <p>Golden Valley in Natural Juice Range</p> <p>Golden Circle Pineapple in Natural Juices Range</p> <table border="0"> <tr><td>Organics Apricots</td><td>Pureharvest</td></tr> <tr><td>Organics Plums</td><td>Pureharvest</td></tr> </table>	Black Rye	Riga	Gluten Free	Moore's	Organic Rye	Country Life	Apple & Blueberry	Norganic	Apple & Cinnamon	Norganic	Apricot	Norganic	Hi Lite Breakfast Bar	Freedom foods	Omega Bar	Freedom Foods	Muesli Bar	Freedom Foods	Apricot & Almond Muesli	Organic	Bircher Muesli	Healtheries		Soland	Corn Flake	Freedom Foods	Cunchola All Varieties	Norganic	Fruit & Almond	Orgran	Gluten Free Muesli	Freedom Foods		Adundant Earth	Hi Lite	Freedom	Muesli with whole Grains	Freedom	Muesli with Psyllian	Freedom	Puffed Brow Rice	Biogenic	Puffed Corn	Abundant Foods	Puffed Millet	Freedom Foods	Puffed Rice	Abundant Earth	Rice Flakes	Freedom Foods	Rolled Oats	Uncle Toby's		Home brand	Rolled Oats Porridge	Healtheries	Ultra Rice	Freedom	Organics Apricots	Pureharvest	Organics Plums	Pureharvest
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Peach Pie Fruit	Mountain Maid SPC Cool Fruits Range	All Purpose Crumbs	Orgran
Weight Watchers Range		Coating & Stuffing Mix	Orgran
CANNED MEATS		Coriander	John West
Camp Pie	Tom Piper	Curry Paste	John West
Deli Ham	Plumose	Gravy Mix	Orgran
Kipper Filets	JohnWest	Green Curry Paste	Mae Ploy
Leg Ham	John West	Hot Curry Paste	Boist
Pink Salmon	John West	Lemon Grass	Valcom
Red Salmon	John West	Red Curry Paste	Mae Ploy
	John West	Singapore Hot Curry	Yoe's
	Coles	Singapore Mild Curry	Yoe's
Scottish Sardines in Oil	John West	Stock Cubes	Massel
Smoked Oysters	Farmland	Tandoori Paste	Pataks
Smoked Mussels	John West	Vindaloo Paste	Pataks
Tuna in Brine	John West	Baking Mixes	
	Coles	Apricot & Coconut Cookie Mix	Orgran
	Farmland	Bread Mix	Orgran
Tuna Slice	Farmland	Buckwheat Pancake Mix	Abundant Earth Orgran
CANNED VEGETABLES		Brown Rice Baking	Abundant Earth Mix
Artichoke Hearts	Green Valley	Cinnamon & Sultana Cookie Mix	Orgran
Asparagus	Edgell	Custard Mix	Orgran
Bamboo Shoots	Changs	Egg Like	Orgran
Bean Sprouts	Changs	Falafel Mix	Orgran
Chinese Mixed Vegetables	Trident	Gluten Free Pastry	Golden Life Mix
	Sang Gai	Pancake Mix	Orgran
Young Corn Spears	Changs	Pizza Mix	Orgran
Water Chestnuts	Sang Gai	DRINKS	
	Trident	Drinking Chocolate Freedom	
CHIPS		Diet Coke	
Bhuja Mix	Mellow Foods	Diet Pepsi	
	Majans	Brut Champagne	Great Western
Bombay Chips	Mellow Foods	Golden Circle	
C.C.	Tostitos	Grape Juice	Freedom
Cracker Mix	Majans	Black muscatel	Freedom
Chick Pea Chips	Freedom Foods	Shiraz	Freedom
Potato (original)	Smiths	White Muscatel	Freedom
Potato (Plain)	Smiths	Lemon Ginger	Santa Crus
Potato Chips	Freedom Foods		
Soy Nuts	Gen Soy		

Sparkling Apple Juice	Cambells Cascade Devondale Farmland	Vegetable Biryani	Tasty Bite
Raspberry & Lemon	Santa Crus	PASTA	
Tomato Juice	Berri	Corn	Orgram
Tropical Blend	Santa Crus	Corn & Parsley	Orgram
Waterfords Diet Range		Corn & Spinach	Orgram
Weight Watchers Range		Garlic and Rice	Orgran
White Burgandy	Houghtons	Lasagna	Orgram
FLOURS/GRAINS		Rice Sticks Noodles	Trident
Arrowroot	Mackenzies	Spaghetti	Healtheries
Buckwheat	Lowans	Tomato & Corn	Orgram
Brown & White Rice Flour		Vegetable & Rice	Orgram
	Lowans	PICKLES	
Cornflour	Fielders	Char Grilled Vegetables	Lego
Natural Oatbran	Lowans	Dill Cucumbers	Eska!
Natural Rice Bran	Lowans	Giardiiera MixedVegetables	
Plain Gluten Free	Lowans		Hoys
	Roberts	Hot Chilli	Sunhurst
Rolled Oats	Various	Low Joule Gherkins	Always Fresh
S.R Gluten Free	Orgram	Low Joule Pickled Onions	
	Roberts		Always Fresh
Soya	Lowans	Mild Chilli	Sunhurst
Whole Grain Barley	Lowans	Marinated Artichokes	Leggo
FROZEN FOODS		Organic Pickled Vegetables	Pureharvest
Creative Gourmet Fruit Range		Olives	Always Fresh
Sara Lee Fruit Rand			Green Valley
MILK SUBSITUTES			Sunhurst
Aussie Soya Lite	Pureharvest	Sundried Tomatoes	Leggo
Calci Plus	Vitasoy	Tomato Pickle	Pataks
Coconut Powder	Maggi	REFRIGERATED LINES	
	Trident	Buffalo Yoghurt	Shaw River
Oat Milk	Pureharvest	Cream Cheese	Tofutti
Organic Plus (Soya)	Vitasoy		Kangaroo Island
Rice Dream	Pureharvest	Goats Cheese Feta	Attiki
Soya	Soya King	Goats cheese marinated	Meredith
Vanilla (Soya)	Vitasoy	Goats Yoghurt Range	Alpine
PACKET MEALS		Olive Spread	Coles
Bombay Potatoes	Tasty Bite	Omega Blend Spread	Melrose
Curried Mashed Potatoes	Tasty Bite	Omega 3 Spread	Melrose
Garden Vegetable Soup	Orgran	Sheep's Yoghurt	Meredith
			Kangaroo Island
		Sheep's Cheese Range	Kangaroo Island

Sour Cream	Tofutti	Macadamia Spread	True Nut
Soya Cheese Range	Simply Better	Organic Fruit Spread	Crofters
	King Land	Peanut Butter	Sanitarium
Soy Butter	King Land	Prunex	Natures Best
Soy Cream	Deli Soy	Soy Nut Butter	Freedom Foods
SAUCES		Vege Spread	Freedom Foods
Fish Sauce	Tiparos	SWEETENERS	
Organics Apple	Pureharvest	Agave foods	Imported by Spiral
Organics Apricot	Pureharvest	Apple Concentrate	Pureharvest
Organics Plum	Pureharvest	Barley Malt	Pureharvest
Pumaro Italian Sauce	Star	Pear Cocentrated	Pureharvest
Basil & Tomato	Naked Foods	Prunex	Natures Best
Tomato Pasta Sauce	Freedom Foods	Rise Syrup	Pureharvest
Tomato Low Joule	Rozella	Stevia	
Tamari Soy Sauce	Pureharvest	SWEETS/CANDIES	
SPREADS/JAMS		Lemon	The Sugarless Co.
Almond Spread	Freedom Foods	Peach	Rilli
ABC Spread	Melrose	Lemon	Rilli
	Balfour Range	Raspberry	Rilli
Cashew Spread	Melrose	Fruit Flavored	Sweet & Low
Cascadian Range		Fruit Bars	Orgram
Fruit Spreads	Freedom Foods	Soya Almond Bar	Our Carob Collection
Glen Ewan Range		Sultana and Peanut	Layley's
Hazenut Spread	Melrose	True Fruits	Sun Valley
Lite Conserve Range	I.X.L		

Thank you again to our ongoing sponsorships.

ADMART gave us a special deal on making the bags. The bags will be given free with each new membership and will be available for sale at meetings.

FILPURE - THE WATER FILTRATION SYSTEMS have given us a very generous discount.

PERFECT SWEET - Caroline and Alex have been very generous with samples and information about Xylitol.

GO VITA ARUNDALL - Di Crisp, who has a very successful health food store on the Gold Coast has spent a lot of time helping out with brochures containing some very useful information.

ORGANIC GROCER

Also a special thanks:

JOHN NATOLI—thank you to John and his office for printing our newsletter free of charge.

Sue Litchfield

HYPOGLYCEMIC HEALTH ASSOCIATION OF AUSTRALIA

PO Box 830 Kogarah NSW 1485

ABN 65846851613

Registered Charity CFN 16689

www.hypoglycemia.asn.au

MEMBERSHIP RENEWAL

PLEASE PRINT

Mr/Mrs/Miss: Surname:..... First Name:

Address:

.....State:.....Postcode:.....

Email:Newsletter by email preferred.

Please notify if your details have changed.

1 year Membership: \$22.00

3 year membership: \$50.00

Pensioners & Health Care Card Holders

1 year membership: \$16.50

3 year membership: \$ 35.00

Life Membership: \$200.00

Please tick type of membership

PLEASE NOTE - we now have Internet Banking. Details are as follows.

Our Bank Details: Westpac BSB: 032 258 A/C: 50 0324

When you choose <Internet Fund Transfer> Please insert: the following 2 details

1. Amount you are paying
2. your **NAME, IN THE REMITTER BOX** (very important as this is the only record of your payment if you pay online. Failing to do so creates a bank charge of \$35.00 for the Association.)

Please check with your bank for any differences in procedure for Internet Banking (this is based on the NAB format).

Until we set up automatic payment online would you please post or email your form (renewal or application) to Sue Litchfield, to enable us to keep track of membership payments.

As we are a registered charity, membership and all donations of \$2.00 or more are tax deductible.

Membership entitles you to all up-to-date information & newsletters. If you require a receipt please include a self addressed stamped envelope.

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MEMBERSHIP APPLICATION

PLEASE PRINT

Mr/Mrs/Miss: Surname:.....First Name:

Address:

.....State:.....Postcode:.....

Phone/or mobile number:.....

Email Address:.....Newsletter by email preferred

Year of Birth:.....Occupation.....

Full Membership: \$ 44.00

This includes a joining fee of \$22.00.

Pensioners & Health Care Card Holders Membership: \$ 33.00

This includes a joining fee of \$16.50.

Life Membership: \$200 (note no joining fee)

Please tick type of membership

Membership entitles you to all up-to-date information & newsletters. Please include your email address if you wish to receive the newsletter by email. This is recommended as it saves us postage and allows us to keep the membership subscription down.

Do you suffer with hypoglycemia? YES/ NO

Does a family member have food allergies/intolerances? YES/ NO

As we are a non-profit organisation aimed at providing support to our members, we need a group of volunteers to call on to spread the load in running the association. If you have any skills that would be of use in this we would appreciate your input.

Are you interested in volunteering to help running the association? YES/NO

See the Renewal Form on the previous page for instructions on paying by Internet Transfer.

Did you know that the Hypoglycemic Diet is the core of nutritional treatment? It is also the first step to the treatment of 90 other illnesses.

Please Photocopy

HEALTH PROFESSIONAL'S DONATION FORM

Name: _____

Profession: _____

Contact Number: _____

I wish to donate a cheque for \$ _____

Payable to the "Hypoglycemic Health Association of Australia."

Donations are tax deductible.

Please forward a complimentary copy of Dr George Samra's current book "THE HYPOGLYCEMIC CONNECTION II" to

Address: _____

_____ Post Code _____

Email Contacts:

Geoff Goninon—President

geoffgoninon@optusnet.com.au

John Natoli—Secretary

jpn@jntax.com

Sue Litchfield—Treasurer

litch.grip@bigpond.com

Feel free to contact any of the above members for further information.

Bequest to the Hypoglycemic Health Association of Australia

If you would like to include a bequest to the Hypoglycemic Health Association of Australia in your will you may choose the following options to guide your wording.

Option 1

I devise the sum of \$ _____

To the Hypoglycemic Health Association of Australia for general purposes OR for the specific purpose of _____

such purpose being consistent with the aims and objectives of the Hypoglycemic Health Association of Australia.

Option 2 (for proportional bequest)

I give the Hypoglycemic Health Association of Australia for its general purposes or the specific purpose of _____ a _____ percent of my estate.

The gift you make to the Hypoglycemic Health Association of Australia will be an enduring reminder of you.

NEXT MEETING—5 April 2008

2008 MEETING DATES—5 April, 2 August, 6 December

Every year Easter falls on a different day, so please confirm the date of the first meeting when you receive the first newsletter of the year .